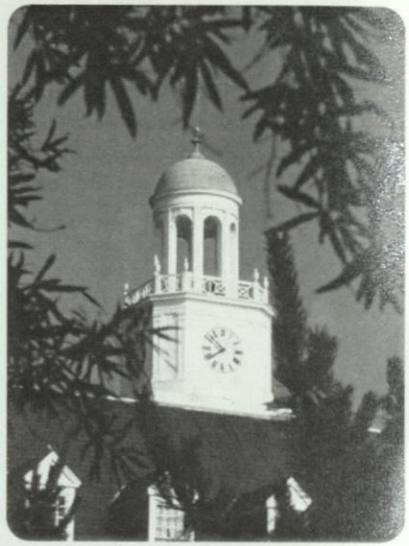
# SALISBURY

## Women's Lacrosse
## 2003-2004

# SU AT A GLANCE



**The resources of a University ...**
6,800 students from 33 states and 46 foreign countries 41 undergraduate and 11 graduate programs 290 full-time faculty, 90 percent of tenure-track faculty have terminal degrees, including National Endowment for the Humanities scholars and Fulbright professors. NCAA Division III Athletics, 10 men's, 11 women's intercollegiate teams

**... with small-school opportunities.**
Approachable faculty
(17:1 student/faculty ratio)
Honors program with dedicated faculty at the Bellavance Honors Center.
Ten residence complexes including traditional, co-ed, suite and apartment styles.

**The security of state support ...**
2003-04 estimated tuition*, room, board and fees: $11,844 per year for Maryland residents; $18,312 per year out-of-state.
A library with over 800,000 volumes, periodicals, microforms and databases including word processing and computer labs. Access to collections throughout the country.

**... with the benefits of private funding.**
Altogether, SU awards some $1 million in academic scholarships each year. Financial aid is received by 69 percent of SU's undergraduates.

**In an ideal—and idyllic—location:**
Salisbury, MD, is 30 miles west of the Atlantic Ocean and Ocean City, MD, and 20 miles east of the Chesapeake Bay; 2 hours from Baltimore, Washington, D.C. and Wilmington, DE. The campus is 2 1/2 hours from Norfolk, VA, and Philadelphia, PA, and 4 1/2 hours from New York.

Come see us—in person, or in cyberspace. We'd love to see your smiling face, but if you can't get here, check out our Web site. We're at **www.salisbury.edu.**

SU's campus is in an attractive, residential neighborhood of stately homes on sculpted lawns, less than one-half mile from the banks of the Wicomico River. The campus includes 46 buildings on over 140 landscaped acres. Students walk from one end of campus to the other in about 5 minutes.

* Notwithstanding any other provision of this or any other University publication, the University reserves the right to make changes in tuition, fees and other charges at any time such changes are deemed necessary by the University and the University System of Maryland Board of Regents.

# HEAD COACH JIM NESTOR

**Jim Nestor** completed his second year as the head coach for women's lacrosse by leading the Sea Gulls to one of their most successful seasons in team history. Nestor's squad finished with a 14-2 final record, including a school-record 12-game winning streak, while capturing its third Capital Athletic Conference title and earning the program's fourth NCAA Tournament berth. Salisbury advanced to the NCAA's national quarterfinals and registered the program's seventh straight winning season while finishing fifth in the final 2003 national rankings.

As a by-product of the team's success in 2003, Salisbury had seven players recognized on the all-conference team and five players named to the all-South Atlantic Region team. In addition, Nestor was recognized by his peers as the CAC's Coach of the Year in 2003 and was a finalist for the IWLCA's National Coach of the Year award.

Nestor, who also coaches the Salisbury women's soccer team, is a 1990 graduate of the University who returned to his Alma Mater after serving as the head coach for both women's lacrosse and women's soccer at Division II Gannon University in Erie, PA, for six years. Nestor has piloted the Salisbury women's soccer team to a 26-9-3 record through his first two seasons.
"Jim is a very talented coach with a proven track record of success," said Dr. Michael Vienna, director of athletics. "We believe he'll continue the strong tradition in both of these sports at Salisbury University. We're glad that he chose to return to his Alma Mater."

Nestor compiled a 73-20-1 record in six seasons with the Gannon women's lacrosse program. The Lady Knight's concluded the 2001 season with a 17-15 loss in the NCAA Division II Tournament's national semifinals to finish with a 14-4 record. Nestor guided the team to a winning season every year during the program's six-year history. Gannon won three straight ECAC Championships from 1998-2000 and was named the co-national champion by the Intercollegiate Women's Lacrosse Coaches Association (IWLCA) following the 2000 season.

Nestor was named the IWLCA's Division II Coach of the Year in 1996 and was recognized as the NCAA Division II Coach of the Year in 2000 by College LacrosseUSA.com. Gannon had 21 players recognized as all-Americans during Nestor's tenure with the program.

Nestor posted a 49-44 record in five seasons as the head coach of the women's soccer program. He guided the team to four consecutive winning seasons, the only winning seasons in the program's history.

His coaching resume also includes stints at Frostburg (MD) State (1991-92), Colby-Sawyer (NH) (1992-94) and Lafayette (PA) (1994).

Originally from Laurel, MD, Nestor received his bachelor's degree in physical education from Salisbury in 1990. He was a four-year letterman on the Sea Gull lacrosse and wrestling teams during his collegiate career. Nestor earned his master's degree in health and physical education at Frostburg State in 1992. His wife, Linda, is also a Salisbury graduate and was a four-year letterwinner on the women's lacrosse team.

**Sea Gulls Since '97**

| | |
|---|---|
| 1997 | 10-5 |
| 1998 | 9-4 |
| 1999 | 12-4 |
| 2000 | 15-3 |
| 2001 | 14-4 |
| 2002 | 9-6 |
| 2003 | 14-2 |
| TOTAL | 83-28 |

# 2003 SEASON REVIEW

## Gulls Among Nation's Elite With Record-Setting Campaign

The women's lacrosse team enjoyed one of its most successful seasons ever by registering a final 14-2 record and number five national ranking in 2003. The Sea Gulls added another chapter to their successful tradition by claiming their third Capital Athletic Conference championship and earning their fourth NCAA Tournament berth while also recording their seventh straight winning season. The Sea Gulls, who advanced to the national quarterfinals of the NCAA Tournament, were ranked in the national top 10 throughout the 2003 campaign and closed the year at No. 5 in the final IWLCA poll of the season.

Once again in 2003, the Sea Gulls faced one of the most challenging schedules in the nation, evidenced by eight games against opponents ranked in the top 20. Nevertheless, Salisbury set a new school-record with a 12-game winning streak and finished with an .875 winning percentage in 2003, its best-ever. All told, SU has won 83 games over the past seven seasons, averaging nearly 12 wins per season.

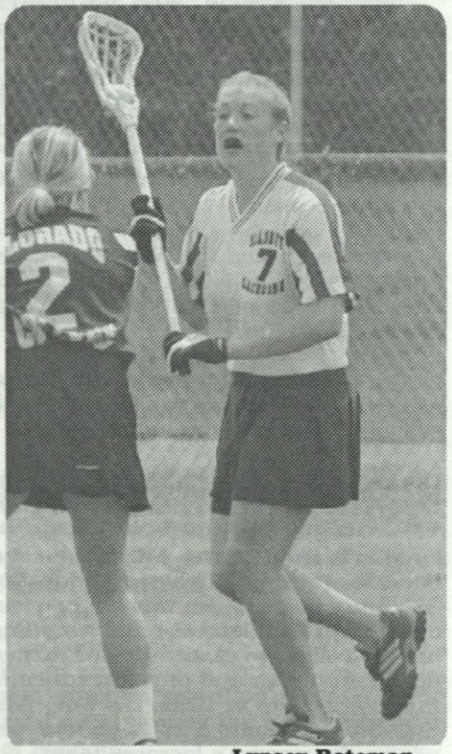
Salisbury won the CAC's regular season with a 5-0 mark, including impressive victories over two nationally ranked foes, an 11-3 win over No. 4 St. Mary's and a 14-5 win over No. 10 Mary Washington. The Sea Gulls then clinched the CAC Tournament championship with a second victory against Mary Washington, winning 7-6 in the title game.

Salisbury served as one of four regional host sites for the NCAA Tournament and opened play with a 15-8 win over No. 18 Colorado College. SU's hopes for a second appearance in the Final Four were dashed however with a narrow 12-11 loss to No. 7 William Smith in the regional final.

Known for its high-octane offense, Salisbury has finished among the nation's team scoring leaders in four of the past five years. The Gulls finished seventh in the nation in scoring in 2003, averaging 15.3 goals per game. SU also finished 12th in scoring defense, allowing 6.5 per game, and finished sixth in scoring margin, with a +8.8 goals per game differential.

Individually, a number of Sea Gull players received personal honors in 2003. Freshman **Lynsey Bateman** was selected as the CAC's Rookie of the Year and also named by insidelacrosse.com as the NCAA Division III Rookie of the Year. Sophomore **Jessica White**, senior **Shannon Jarrett** and junior **Kelly Murphy** were named to the CAC's first team, while sophomore **Linda Ackermann**, senior **Katie Zielinski**, senior **Alicia Groveston** and senior **Dena Glisan** were selected to the CAC's second team.

Jarrett, Zielinski, Groveston, Ackermann and White earned all-South Atlantic Region honors as well. Zielinski, a four-year letterwinner and one of the 2003 team captains, was also chosen to the IWLCA's national All-America third team.



**Lynsey Bateman**

# 2003 FINAL STATISTICS AND RESULTS

| Name | GP-GS | G | A | Pts | Shots | % |
|---|---|---|---|---|---|---|
| Lynsey Bateman | 16-16 | 39 | 17 | 56 | 71 | .549 |
| Jessica White | 16-16 | 32 | 17 | 49 | 71 | .451 |
| Amber Stansbury | 13-13 | 26 | 16 | 42 | 53 | .491 |
| Linda Ackermann | 16-16 | 35 | 6 | 41 | 68 | .515 |
| Shannon Jarrett | 16-16 | 21 | 7 | 28 | 59 | .356 |
| Amanda Tack | 13-0 | 14 | 7 | 21 | 23 | .609 |
| Liz Funk | 15-0 | 13 | 5 | 18 | 24 | .542 |
| Sarah Slafkosky | 16-16 | 15 | 2 | 17 | 35 | .429 |
| Emily Dutch | 16-3 | 12 | 2 | 14 | 21 | .571 |
| Katie Zielinski | 16-16 | 10 | 2 | 12 | 18 | .556 |
| Mary Bateman | 16-16 | 7 | 4 | 11 | 22 | .318 |
| Erin McCarthy | 14-0 | 9 | 1 | 10 | 18 | .500 |
| Lindsay Blount | 10-0 | 6 | 3 | 9 | 14 | .429 |
| Jessica Wirth | 11-0 | 3 | 0 | 3 | 5 | .600 |
| Sarah Davis | 13-0 | 1 | 1 | 2 | 3 | .333 |
| Jessica Froats | 13-0 | 1 | 1 | 2 | 1 | 1.000 |
| Caitlin Hudgins | 4-0 | 1 | 0 | 1 | 2 | .500 |
| Jamie Ciezobka | 5-0 | 0 | 0 | 0 | 2 | .000 |
| **SU Totals** | **16** | **245** | **91** | **336** | **510** | **.480** |
| **Opponents** | **16** | **105** | **45** | **150** | **311** | **.338** |

| Goalies | GP-GS | Minutes | GA | GAA | Saves | Pct |
|---|---|---|---|---|---|---|
| Dena Glisan | 15-11 | 583:20 | 67 | 6.89 | 82 | .550 |
| Ali Goetz | 10-4 | 336:40 | 35 | 6.24 | 42 | .545 |
| Teresa Rossbach | 4-0 | 40:00 | 3 | 4.50 | 10 | .769 |
| **SU Totals** | **16** | **960:00** | **105** | **6.56** | **134** | **.561** |
| **Opponents** | **16** | **960:00** | **245** | **15.31** | **157** | **.391** |

### 2003 Game-by-Game Results • Overall Record: 14-2, CAC Record: 5-0

| Date | Opponent | Site / Notes | Result |
|---|---|---|---|
| March 5 | St. Anselm | Salisbury | W 20-1 |
| March 8 | Franklin & Marshall | Salisbury | W 13-12 |
| March 15 | New Jersey | Salisbury | L 13-10 |
| March 19 | Marymount * | Salisbury | W 19-3 |
| March 22 | @Goucher * | Towson, MD | W 18-8 |
| April 1 | @Catholic * | Washington, D.C. | W 20-6 |
| April 3 | @Villa Julie | Baltimore, MD | W 21-6 |
| April 5 | @Frostburg State | Frostburg, MD | W 19-3 |
| April 12 | St. Mary's * | Salisbury | W 11-3 |
| April 16 | Mary Washington * | Salisbury | W 14-5 |
| April 19 | Colorado College | Salisbury | W 18-5 |
| April 25 | Marymount | CAC Semifinals | W 20-6 |
| April 27 | Mary Washington | CAC Championship | W 7-6 |
| May 2 | @Rowan | Glassboro, NJ | W 9-8 |
| May 10 | Colorado College | NCAA Tournament | W 15-8 |
| May 11 | William Smith | NCAA Tournament | L 12-11 |

* Capital Athletic Conference game

# 2003 SEA GULL ROSTER

| No | Name | Yr | Pos | Hometown | High School |
|---|---|---|---|---|---|
| 1 | Kelly Murphy | So | Def | Rockville, MD | Magruder |
| 2 | Sarah Slafkosky | Fr | Mid | Catonsville, MD | Catonsville |
| 3 | Linda Ackermann | Fr | Mid | Sykesville, MD | Liberty |
| 4 | Courtney Vaughan | So | Att | Columbia, MD | Hammond |
| 5 | Betsy McDuell | Sr | Mid | Amber, PA | Wissahickon |
| 6 | Emily Dutch | Fr | Mid | Ellicott City, MD | Mt. Hebron |
| 7 | Julie Herring | So | Mid | Edgewater, MD | South River |
| 8 | Katie Jesby | Jr | Def | Flemington, NJ | Hunterdon Central |
| 9 | Christine Pervola | Fr | Mid | Pasadena, MD | Northeast |
| 11 | Lindsay Reiter | So | Mid | Gaithersburg, MD | Gaithersburg |
| 12 | Amber Stansbury | So | Mid | Edgewood, MD | Edgewood |
| 14 | Dawn Joyce | Sr | Def | Lester, PA | Cardinal O'Hara |
| 15 | Katie Zielinski | Jr | Mid | Baltimore, MD | Kenwood |
| 16 | Amanda Almon | Sr | Mid | Columbia, MD | Hammond |
| 17 | Lauren Chmura | So | Mid | Edgewood, MD | Edgewood |
| 18 | Christine Sliger | Sr | Att | Whiteford, MD | North Harford |
| 19 | Lindsay Blount | So | Att | Pennington, NJ | Hun School |
| 20 | Shannon Jarrett | Jr | Mid | Burke, VA | Lake Braddock |
| 21 | Theresa Driscoll | Jr | Mid | Towson, MD | Western |
| 22 | Jessica White | So | Mid | Annapolis, MD | Annapolis |
| 23 | Anna Gilbert | So | Def | Columbia, MD | Long Reach |
| 24 | Melissa Dugan | Jr | Def | Ellicott City, MD | Centennial |
| 25 | Kristen Maisel | Jr | Def | Annapolis, MD | Broadneck |
| 26 | Gina Glorioso | Sr | Att | Reisterstown, MD | Mt. DeSales |
| 28 | Abby Cooper | Sr | Att | Westminster, MD | Westminster |
| 29 | Alicia Groveston | Jr | Def | Galesville, MD | Southern |
| 34 | Christine Schipul | So | GK | Centerville, MD | Kent Island |
| 35 | Dena Glisan | Jr | GK | Columbia, MD | Oakland Mills |

# THE RECORDBOOK

**Individual Records-Single Game**

| | |
|---|---|
| Most Goals: | 10 Jen Mezzadra (vs. Frostburg St., 1999) |
| | 10 Flossy Owens (vs. St. Mary's, 1993) |
| Most Assists: | 10 Christine Sliger (vs. Alfred, March 9, 2001) |
| Most Points: | 13 (5g, 8a) Amamda Moculski (vs. Catholic, 1999) |
| | 12 (2g-10a) Christine Sliger (vs. Alfred, March 9, 2001) |
| | 11 (10g-1a) Jen Mezzadra (vs. Frostburg State, 1999) |
| Most Saves: | 29 Tanya Minion (vs. Loyola, 1982) |

**Individual Records-Single Season**

| | |
|---|---|
| Most Goals: | 84, Jen Mezzadra, 2001 |
| Most Assists: | 81, Christine Sliger, 2001 |
| Most Points: | 131, Christine Sliger, 2001 (50g-81a) |
| Most Saves: | 225, Kelly Williamson, 1984 |

**Team Records-Single Game**

| | |
|---|---|
| Most goals scored: | 29 (vs. Notre Dame, 2000), 29-1 |
| Most goals allowed: | 28 (vs. Shippensburg, 1989), 28-12 |
| Fewest goals scored: | 0 (vs. Maryland, 1977), 16-0; |
| | 0 (vs. Towson St., 1982), 7-0 |
| Fewest goals allowed: | 0 (vs. Marymount, 1997); (vs. Marymount, 2000) |
| Most goals, both teams: | 40 (vs. Shippensburg, 1989), 28-12 |
| Most assists: | 20 (vs. Notre Dame, 2000), 29-1 |

**Team Records-Single Season**

| | |
|---|---|
| Most wins: | 15 (2000) |
| Most losses: | 12 (1982) |
| Best winning pct.: | .875 (2003) (14-2) |
| Most consecutive wins: | 12 (2003) |
| Most consecutive losses: | 9 (1984) |
| Most games played: | 18 (2000, 2001) |
| Most goals scored: | 336 (2000) |
| Most goals allowed: | 185 (1982) |
| Most assists: | 193 (2001) |
| Most points: | 520 (2000) |

# CAREER LEADERS

**Most Goals**

| | | |
|---|---|---|
| 1. Jen Mezzadra | 248 | (1998-01) |
| 2. Flossy Owens | 140 | (1992-95) |
| 3. Andie Phillips | 128 | (1987-90) |
| 4. Linda Lombardi | 120 | (1986-89) |
| 5. Amanda Almon | 117 | (1999-02) |
| 6. Jen Ice | 114 | (1997-00) |
| 7. Amanda Moculski | 100 | (1998-00) |
| Christine Sliger | 100 | (1999-02) |
| 9. Kim Marlatt | 93 | (1986-90) |
| 10. Annie Sappington | 90 | (1997-00) |

**Most Assists**

| | | |
|---|---|---|
| 1. Christine Sliger | 147 | (1999-02) |
| 2. Amanda Moculski | 76 | (1998-00) |
| 3. Amanda Almon | 75 | (1999-02) |
| 4. Jen Mezzadra | 67 | (1998-01) |
| 5. Annie Sappington | 55 | (1997-00) |
| 6. Michelle Haynie | 52 | (1998-00) |
| 7. Claudia Hession | 40 | (1983-86) |
| Stacy Stem | 40 | (1984-87) |
| 9. Jen Ice | 38 | (1997-00) |
| 10. Cheryl Ish | 30 | (1989-92) |

**Most Points**

| | | |
|---|---|---|
| 1. Jen Mezzadra | 315 | (1998-01) |
| 2. Christine Sliger | 247 | (1999-02) |
| 3. Amanda Almon | 192 | (1999-02) |
| 4. Amanda Moculski | 176 | (1998-00) |
| 5. Flossy Owens | 160 | (1992-95) |
| 6. Andie Phillips | 156 | (1987-90) |
| 7. Jen Ice | 152 | (1997-00) |
| 8. Annie Sappington | 145 | (1997-00) |
| 9. Linda Lombardi | 141 | (1986-89) |
| 10. Kim Marlatt | 118 | (1986-90) |

**Most Saves**

| | | |
|---|---|---|
| 1. Shawna Block | 695 | (1993-96) |
| 2. Karen Suhorsky | 518 | (1975-78) |
| 3. Dena Glisan | 325 | (2000-03) |
| 4. Lisa Kallis | 275 | (1989-90) |
| 5. Kris Hart | 262 | (1991-92) |
| 6. Kelly Williamson | 225 | (1984) |
| 7. Kristin Archer | 216 | (1997) |
| 8. Jen Jovan | 207 | (1999) |
| 9. Mary Giacofci | 182 | (1979-80) |

## 2003 HONOR ROLL

**ALL-CAPITAL ATHLETIC CONFERENCE**

**First Team**
Jessica White
Shannon Jarrett
Kelly Murphy

**Second Team**
Linda Ackermann
Katie Zielinski
Alicia Groveston
Dena Glisan

**ALL-SOUTH ATLANTIC REGION**

**First Team**
Shannon Jarrett
Katie Zielinski

**Second Team**
Alicia Groveston
Linda Ackermann
Jessica White

**IWLCA ALL-AMERICA TEAM**

**Third Team**
Katie Zielinski

**NORTH/SOUTH ALL-STAR GAME**

Alicia Groveston
Katie Zielinski

**TEAM AWARDS**

**MVP** - Linda Ackermann
**Most Improved** - Sarah Slafkosky
**Coaches Award** - Shannon Jarrett
**Unsung Hero** - Melissa Dugan

## Sea Gull Quick Facts

| | |
|---|---|
| Location | Salisbury, Maryland |
| Founded | 1925 |
| Enrollment | 6,800 |
| President | Dr. Janet Dudley-Eshbach |
| Colors | Maroon and Gold |
| Nickname | Sea Gulls |
| Web Site | www.salisbury.edu |
| Affiliation | NCAA Division III |
| Conference | Capital Athletic Conference |
| Head Coach | Jim Nestor |
| Alma Mater | Salisbury '90 |
| Record at SU, Years | 23-8, two years |
| Career Record | 101-47-1 (10 years) |
| Coach's Phone | 410-677-5338 |
| Coach's Email | jpnestor@salisbury.edu |
| Assistant Coach | Maegan Cosgrove |
| Director of Athletics | Dr. Michael Vienna |
| Athletic Dept. Phone | 410-548-3503 |
| Athletic Dept. Fax | 410-546-2639 |
| 2003 Record | 14-2 overall (5-0 CAC) |

Visit the team Web site at
www.salisbury.edu/athletics
to see the 2004 schedule and for
the latest Sea Gull news and information.

**The 2003 team captains, senior All-American Katie Zielinski (left) and junior Amber Stansbury.**

# SU'S ATHLETICS PHILOSOPHY

Salisbury University, a member of the National Collegiate Athletic Association's (NCAA) Division III, offers 21 intercollegiate sports for men and women. In addition to NCAA membership, SU competes as a member of the Capital Athletic Conference (CAC) and the Eastern College Athletic Conference (ECAC).

As a member of the NCAA's Division III, Salisbury places the highest priority on the overall quality of the educational experience. In doing so, it seeks to strengthen the integration of objectives and programs in athletics with academic and developmental objectives, and to assure the integration of athletes with other students.

SU places special importance on the impact of athletics on the participants, with emphasis on the internal constituency (students, alumni and special friends) rather than on the general public and its entertainment needs.

The SU athletics program is further characterized by the following principles:

- Participants receive the same treatment as other students. They have no unique privileges in admission, academic advising, course selection, grading, living accommodations or financial aid. Similarly, athletes are not denied rights and opportunities that would be available to them as non-athletes.

- Sports for men and women are given equal emphasis and the desired quality of competition is similar in all sports.

- Students are supported in their efforts to reach high levels of performance by providing them with adequate facilities, competent coaching and appropriate competitive opportunities with students from similar institutions.

- SU strives to make the student-athlete's participation in intercollegiate athletics an enriching experience, and holds genuine concern for each participant's welfare. The intercollegiate program's foremost goal at all times is to supplement and enrich the first priority of the University, which is academic accomplishment.

Salisbury
UNIVERSITY

**Department of Intercolligiate Athletics**
**1101 Camden Avenue**
**Salisbury, MD 21801-6860**

SU-6/03-302